

Sun Mon Tues Wed Thurs Fri Sat

www.KansasHealthQuest.com

Sept. 14 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	15 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	16 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	17 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	18 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	19 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____
20 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	21 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	22 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	23 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	24 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	25 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____
27 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	28 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	29 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	30 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	Oct. 1 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	2 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____
4 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	5 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	6 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	7 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	8 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____	9 Exercise ____ Sleep ____ Relax ____ DAILY TOTAL ____

September 14 –  
October 9, 2015  
Goal: 55 points for  
5 HealthQuest credits

### How to track your healthy behavior:

- 30 minutes of physical activity = 1 point
- 7 hours of sleep per day = 1 point
- 15 minutes of relaxation = 1 point

Total Points: \_\_\_\_\_

1. Select the date.
2. Enter the total number of points you earned each day (up to 3 points)
3. Record your points online at [www.kansashealthquest.com](http://www.kansashealthquest.com)

# STRESS BUSTERS CHALLENGE



Use this form for convenient daily tracking. Record your points online at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).